



Sausages in Mushroom Sauce

with Roasted Garlic Mash and Roasted Tenderstem®

Family 35-40 Minutes • 1 of your 5 a days

49



British Honey Mustard Sausages



Garlic Clove



Potatoes



Tenderstem® Broccoli



Closed Cup Mushrooms



Red Wine Jus Paste

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, aluminium foil, baking tray, colander, lid, frying pan, kitchen scissors and potato masher.

Ingredients

Ingredients	2P	3P	4P
British Honey Mustard Sausages** 9) 14)	4	6	8
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Tenderstem® Broccoli**	80g	150g	150g
Closed Cup Mushrooms**	150g	225g	300g
Red Wine Jus Paste 10) 14)	15g	22g	30g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	2255 / 539	420 / 100
Fat (g)	20.2	3.8
Sat. Fat (g)	7.3	1.4
Carbohydrate (g)	61.1	11.4
Sugars (g)	8.8	1.6
Protein (g)	25.6	4.8
Salt (g)	2.71	0.50

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Sausage and Veg Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **potatoes**.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Pop the **sausages** and **garlic** onto a baking tray.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).



Make the Mushroom Sauce

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **mushrooms**, season with **salt** and **pepper**, then stir-fry until golden, 4-5 mins.

Pour in the **water for the sauce** (see pantry for amount) and bring to the boil, then stir in the **red wine jus paste**. **TIP:** If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.

Reduce the heat to medium-high and allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins. Add a splash of **water** if it's a little thick, then remove from the heat.



Ready to Roast

When the oven is hot, bake the **sausages** on the middle shelf until golden brown and cooked through, 20-25 mins.

Halfway through cooking, remove the **garlic** from the tray and set aside and add the **Tenderstem® broccoli** to the tray. Drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

Roast the **Tenderstem® broccoli** with the **sausages** on the middle shelf until tender for their remaining cook time, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.



Garlic Mash Time

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Add the **garlic** to the **cooked potatoes** with a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**.



Cook the Potatoes

Meanwhile, when your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Once cooked, drain in a colander and pop back into the pan. Cover with a lid to keep warm.

In the meantime, thinly slice the **mushrooms**.



Serve Up

When everything's ready, reheat the **sauce** if necessary, adding a splash of **water** if needed.

Share the **sausages** between your plates, then serve with the **garlic mash** and **roasted broccoli** alongside.

Spoon over the **mushroom sauce** to finish.

Enjoy!